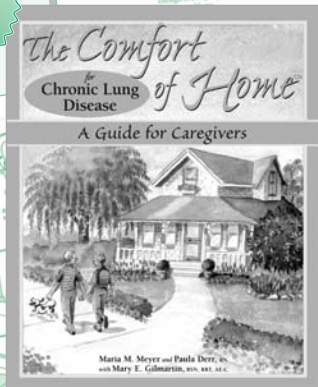


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The Comfort of Home™ for Chronic Lung Disease A Guide for Caregivers

Maria M. Meyer, Paula Derr RN with Mary E. Gilmartin BSN, RRT, AE-C

“ This book should be read by anyone who will undertake the role of caregiver for family members with chronic lung disease. It will alert the potential caregiver to important issues to address in their new roles. It provides a source of comfort to know that others in this position have successfully adopted a challenging new and important task for their loved ones. ”

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Co-Director, COPD Program,
National Jewish Medical and Research Center

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Chronic lung disease affects 35 million Americans. It is the third leading killer in the U.S. Most lung disease is chronic, which means that the entire family is impacted by the condition- especially the caregiver. The most common type of lung disease is Chronic Obstructive Pulmonary Disease (COPD), which includes emphysema and chronic bronchitis. COPD impacts many aspects of daily life, including relationships, daily activities, travel, and leisure pursuits. Understanding the disease, learning how to prevent and control flare-ups, and avoiding triggers can lead to a better quality of life for the caregiver and the person in their care.

This guide helps caregivers —

- understand equipment and monitoring tools to help with shortness of breath
- work with the pulmonologist to avoid hospitalizations
- plan a walking program to maintain endurance and flexibility
- learn exercises to strengthen breathing muscles and increase lung capacity
- learn ways to help compensate for impaired lung function
- reduce stress that produces anxiety, resulting in shortness of breath and coughing attacks
- make everyday activities like toileting, bathing, feeding, and dressing easier
- deal with the particular needs of a person waiting for a lung transplant

ABOUT THE AUTHORS

Co-authored with **Mary E. Gilmartin, BSN, RRT, AE-C**, a Nurse Specialist and coordinator of the COPD Clinical research network at National Jewish Medical and Research Center and has worked 30 years with people who have severe lung disease. **Maria M. Meyer** is the co-author of *The Comfort of Home*™ caregiver guide series. **Paula Derr, RN** is a clinical educator with the Sisters of Providence Health System.

“ This book is very well done and easy to read; it is an excellent reference for caregivers. ”

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Founding Chairman and Chairman
Emeritus of the National Lung
Health Education Program

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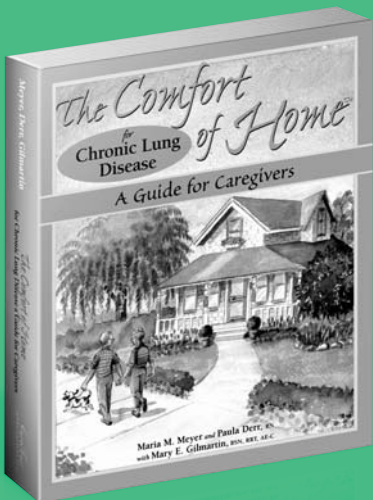
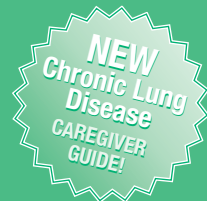


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